

BOROUGHMUIR HIGH SCHOOL

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Head Teacher

Promoting Emotional Health & Well-being

Dear Dads, Mums and carers,

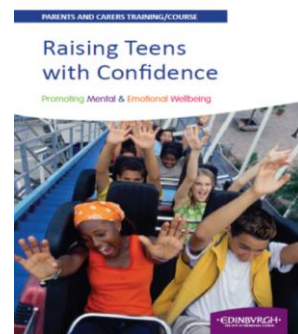
August 2017

Invitation to *Raising Teens with Confidence*

The teenage years can often feel like being on a rollercoaster for Dads, Mums, carers and young people – plenty of highs, lows and uncertainty about what might be round the corner! The many physical, emotional and behavioural changes that occur mean that adolescence can be a time of vulnerability as well as a time of great opportunity for young people.

Following the success of *Raising Children with Confidence* which has been delivered to 1,500 families in Primary schools, *Raising Teens with Confidence* aims to **give you the chance to explore how you can best support your teenage children** to navigate increasing independence and develop confidence, security and resilience, as well as to promote emotional wellbeing in themselves. Drawing on the latest research and findings around what helps support emotional wellbeing throughout life, the seven week course will give you an opportunity to explore with other parents how the teenage years can be a time for **young people, Mums, Dads and carers to 'thrive rather than just survive'**.

An introductory session – *Why What You Do Matters!* – will run on **Thursday 28th September 7- 8.30pm** in the school's atrium, **and is open to all who are interested**, not just Mums! After this session, we ask those who feel they would like to continue the course for the remaining six sessions to fill in a reply slip so we can allocate places. There are 20 places available on course; another course will run in January 2018. The course topics are:



Week / date	topic	time
1. Thursday 28 th September	Why What You Do Matters	7pm – 8.30pm
2. Thursday 5 th October	The Amazing Teenage Brain: What's Going on in There?	7-9pm
3. Thursday 12 th October	Risky Business: Managing Adventure, Risk and Resilience	7-9pm
<i>October half term holiday</i>		
4. Thursday 26 th October	It's Good to Talk: The Importance of Staying Connected	7pm – 9pm
5. Thursday 2 nd November	The Brain Under Stress: Overcoming Setbacks and Promoting Resilience	7pm – 9pm
6. Thursday 9 th November	Looking After Your Own Wellbeing: Coping With the Changes	7pm – 9pm
7. Thursday 16 th November	Being a Dad: the value of Dads in the teenage years	7-8.30pm* Please bring your partners to this final session.

Yours faithfully,
P. Cifelli and A. Stratton